谢谢你参加这次研究。这次研究主要关注人们在决定进行医美项目之前如何理解自己改变外貌的原因。在这个过程中，我会先问你一些关于外貌改变想法的问题，然后我会根据你的要求对你的照片进行一个视觉模拟，让你看到如果按照你的想法改变之后大概会是什么样子。之后我会把原始照片和修改或后的照片放在一起，让你进行比较。

Thank you for participating in this study. This study mainly focused on how people understand the reasons behind their appearance changes before deciding to undergo medical aesthetics procedures. During this process, I will first ask you some questions about your thoughts on changing your appearance, then I will perform a visual simulation of your photo according to your request, so you can see what it would look like if you changed according to your ideas. Afterwards, I will combine the original photos with the modified or post-edited photos for you to compare.

最后再问一些关于想法动机决定的问题，没有错误或者是正确的答案，我也不会告诉你应该怎么做或不应该怎么做。我希望了解你的是真实想法，你准备好了吗?

Finally, ask some questions about the motivation behind your ideas. If there are no wrong or correct answers, I won't tell you what you should or shouldn't do. I want to understand your true thoughts. Are you ready?

你是否理解这次研究的目的？嗯，你是否自愿参加这次研究？嗯，你是否同意你的回答以匿名形式用于我的学术研究？嗯，你是否同意你的照片在本次研究过程中用于视觉模拟，嗯。

Do you understand the purpose of this study? Well, did you volunteer for this study? Well, do you agree that your answers will be anonymously used for my academic research? Well, do you agree that your photos were used for visual simulation during this study? Well.

你

You

你是否同意这次?

Do you agree with this time?

同意这一部分好就结束了，我们开始下一个部分就是你目前有没有一个自己想真实改变的外貌部分。

Agreed, that's all for now. Let's move on to the next part: do you currently have a part of your appearance that you want to truly change?

有你具体想改变什么？眼睛如果按你理想中的状态，你希望这个部位变成什么样?

What exactly do you want to change? If your eyes were in your ideal state, what would you want that area to become?

就是你，跟我大概描述一下。

It's you, give me a rough description.

割割双眼皮吧。如果说这个改变对于你来说有多重要，请你按一到十分来评分。

Cut off your double eyelids. If this change is important to you, please rate it on a scale from one to ten.

嗯，六分吧。

Hmm, about six.

你平时很经常想要改变这个部分吗?

Do you often want to change this part?

哦，化妆的时候会想起来这一部分是。OK，你为什么想要做这个改变，因为我没有双眼皮。

Oh, and when you do makeup, you'll remember this part. OK, why do you want to make this change? Because I don't have double eyelids.

你觉得自己改变这里最主要的原因是什么？变得更好看。

What do you think is the main reason you changed here? Become more attractive.

你大概从什么时候想改变这个部位的？刚开始化妆的时候有没有具体的经历让你开始产生这个想法?

When did you start wanting to change this area? When you first started wearing makeup, was there any specific experience that made you start thinking about it?

拍照吧，大小眼。

Take photos, big and small eyes.

OK，你记得当时发生了什么吗?

OK, do you remember what happened back then?

就是感觉拍照拍出来不好看对呀，OK，你觉得这个改变更多于来自你自己，还是说外界的一些因素?

It just feels like the photos don't look good, right? OK, do you think this change comes more from yourself or from external factors?

都有吧，我觉得。

I think both.

如果有的话，这些哪些外界因素会影响你看看自己的外貌。

If so, what external factors influence how you look at your own appearance?

首先就是社交媒体上，然后呢，就是自己照镜子的时候。

First is on social media, and then when I look in the mirror.

还有呢，父母会说，嗯，就是来自于他人，对吧？对，还有社交媒体，那你会不会把自己外貌和别人进行比较呢？嗯，那倒也没有吧，如果这个部位真实改变，你会觉得你生活中发生哪些变化了吗?

Also, parents might say, 'Hmm, it comes from someone else,' right? Yes, and social media—do you ever compare your appearance to others? Well, not really. If this area really changed, would you feel what changes happened in your life?

不用贴双眼皮贴了，也不用P图。

No need for double eyelid tape, no need for photo editing.

P这一方。

P.

那你会不会因此觉得别人对你会有所不同?

Would you feel that others treat you differently because of this?

这个其实我倒觉得还好，无所谓是吧？那你希望这个外貌改变最终能给你带来什么?

Honestly, I think it's fine, doesn't really matter? So what do you hope this change in appearance will ultimately bring you?

哪一方面能带点什么？任何方面你都可以说就是拍照比好看了，主要是心里自己觉得舒服

What can you bring in in any aspect? In any aspect, you can say the photos are more attractive than the ones you feel comfortable with

好的，那我们就是进入下一个环节，我会选择一张你比较清楚的正面照片，或者是你认为比较合适的照片，然后我去按你想要去调整的去在这个照照片里进行调整，那你告可以告诉我你希望改变程度有多大，希望改变哪个部位，然后这个部位是比较轻微的变化，自然变化还是说明显的变化，有哪些地方是你明确不希望我去改变的?

Alright, let's move on to the next step. I'll choose a frontal photo you clearly see or one you think is more suitable, and then adjust the photo according to what you want. You can tell me how much you want to change, which part you want changed, whether the changes are slight, natural, or obvious, and which parts you clearly don't want to change?

你可以对这个进行一个描述吗?

Can you describe this?

那当然就是。

Of course.

给我弄一个对称的双眼皮就可以，也不需要说多夸张但是呢，就比较自然一点。

Just get me a symmetrical double eyelid. No need to be exaggerated, but it just looks more natural.

嗯，好的。

Okay.

其他的地方有需要调整的吗？其他的就没有什么具体想要调整就是，嗯，对，暂时没有这个机会。好的，那我准备开始了。

Are there other areas that need adjustment? I don't have any specific adjustments I want to make for the rest, right, I don't have the opportunity yet. Alright, I'm ready to get started.

好的。

Alright.

那我们现在重新打开录音，然后这个照片也是已经根据你的想要的去调节完成了。那我把这两张照片放在一起，你第一反应是什么呢？真漂亮。那你第一眼喜欢哪一张呢?

Now let's reopen the recording, and the photo has been adjusted according to your preferences. So if I put these two photos together, what would be your first reaction? So beautiful. So, which one do you like at first sight?

当然是改革之后的。为什么呢？因为就是按照我想象中的给我给我整出来

的，那当你看到修改后的自己，你是什么感受呢？满意，那你觉得修改后的这个人还是你自己吗？对呀，因为是按照我的审美改变。好吧，那修改过后，图片里有没有哪些地方比你预想中的会更好一点呢?

Of course, after the reforms. Why is that? Because it was made exactly as I imagined. So when you see your modified self, how do you feel? If you're satisfied, do you think the person after the modification is still yourself? Yes, because it was changed according to my aesthetic taste. Alright, after the modifications, are there any parts of the image that are a bit better than you expected?

比想象中还要好有没有哪些地方比你想象中更不好或者更不自然呢？那其实没。

Better than you imagined—are there any aspects that are worse or less natural than you imagined? Actually, that's not it.

看到修改过后的效果，你还想进行同样的改变吗？想呀。

After seeing the modified results, do you still want to make the same changes? Imagine it.

OK，好的，嗯。

OK, okay, hmm.

那看到修改过后图片有没有让你重新思考自己为什么要做这个改变呢?

After seeing the edited images, does it make you reconsider why you made this change?

唉，就感觉到没有思考什么，就是觉得一直想改的东西，突然见到了一个成品，让我反而更迫切的想改变哦，原来是这个样子，那在整个过程中，

你对你想要改变外貌的原因，有没有更产生新的理解呢?

Sigh, I just feel like I haven't thought much about it. It's just that something I've always wanted to change suddenly comes across a finished product, which makes me even more eager to change. So that's how it is. So, throughout the process, did you gain a new understanding of why you wanted to change your appearance?

嗯，早就应该搞哦，现在这个动机你觉得更来源于你自己，还是说更来源于外界的影响呢？自己吧。

Hmm, you should have done it long ago. Now, do you think this motivation comes more from yourself, or from external influences? Personally.

嗯，早

Mm, morning

你有没有对自己这个反应更意外呢？倒也没。

Are you more surprised by your own reaction? Not really.

你有没有发现一些之前没有认真想过的事情呢？没有，唉，经历过这个过程以后，你对外貌改变的态度有没有变化呢？有吧，什么变化呢?

Have you noticed something you hadn't seriously considered before? No, sigh, after going through this process, has your attitude toward changing your appearance changed? Right? What kind of changes are there?

但是呢，一直呢，没有咨询过相关的问题，但是呢，你给我的这个之后的照片让我觉得，嗯，还是值得一试，现在就是更确定了，对吗？对的。

However, I never consulted about related questions before, but the photos you gave me made me feel it's still worth trying. Now I'm even more certain, right? That's right.

你想改变的程度有没有发生变化呢？比如说想从大幅度的改变改成轻微的改变，还是说从轻微的改变再到大幅度的改变？嗯，还是更喜欢自然一点好的，那你有没有原来想改变的部分，现在不想改变了呢?

Has the degree of change you want to change changed? For example, do you want to change from a major change to a minor one, or from a minor change to a major one? Hmm, it's better to prefer something more natural. So, have you ever wanted to change something you didn't want to change now?

嗯，还好吧？在看完对比之后，你有没有认为。

Hmm, it's not that bad? After seeing the comparison, do you think?

更喜欢或者更认可原来外貌中的某些部分呢?

Do you prefer or appreciate certain parts of your original appearance?

嗯，我感觉没有什么那如果让你今天就要做决定你会怎么选择呢?

Hmm, I don't think it's a big deal. If you had to make a decision today, what would you choose?

我觉得可能今天也不会说立马决定。但是呢，那如果就是要让你今天立马决定呢？嗯，我觉得这可能性还是很大。

I think I probably won't make a decision right away today. But what if you have to make a decision right away today? Well, I think that's quite likely.

就是你还是会选择去做吗？还是说让你选择再缓一缓还是觉得。

So, would you still choose to do it? Or maybe you just want to take a bit more time, but I still feel that way.

这个成果还是满意的，还是愿意去做好的，那我给你几个选项好吗？a，是继续让它更微妙，B是改变程序，C是推迟决定，D是寻求更多的信息后再去决定。

I'm satisfied with this result and still willing to do it well. Can I give you a few options? A. Keep making it more subtle; B. Change the program; C. Postpone decisions; D seek more information before deciding.

更微妙是什么意思？就是你决定继续改变它。嗯，对，好，为什么你会做这个决定呢?

What does 'more subtle' mean? It's that you decide to keep changing it. Well, right, okay, why did you make this decision?

发现你之前好看了呀。好的，如果没有刚刚这个决定，你会做出原来同样没有，刚刚这个过程，你会做出出原本同样的决定吗？嗯，我觉得不。

I noticed you looked good before. Okay, if it weren't for the decision just made, would you have made the same decision as before? Would you have made the same decision during this process? Well, I don't think so.

不会，我可能会继续一方面不满意，但也不会说想去调整，对吧？那是什么会让你的决定发生了改变呢？就是你只给我的这个对比图，好的经历过这个过程中，你会不会用不同的方式去面临这个决定呢?

No, I might continue to be dissatisfied on one hand, but I won't say I want to adjust, right? So what would change your decision? This is just the comparison chart you gave me. After going through this process,

would you face this decision differently?

嗯，什么叫不同就是会不会。

Well, what difference means is whether you know it or not.

就是会有什么不同吗？就是之前的时候会认真的思考，做很多攻略，但是后面你可能会觉得我直接就要去做了或者是怎么样，就是对于一个医疗手术你会有不同的想法才去做这个抉择吗？嗯，我之前就已经了解过相关的信息哦，原来是这个样子，那整个过程中哪一部分最让你思考呢?

Is there really any difference? Previously, you would think carefully and do many strategies, but later you might feel like you were about to do it or something else. Would you have different ideas about a medical procedure before making this decision? Well, I've already looked into this information before. So that's how it works. Which part of the whole process made you think the most?

唉，就是看到自己之前的样子和现在的样子，就是调整之后，唉，还是很满意的。好的，那这个环哪个环节对你来说会比较有意义呢?

Sigh, seeing how I looked before and now, after adjustments, sigh, I'm still very satisfied. Alright, which part of this ring is most meaningful to you?

就是对比吧。好的，嗯，那你觉得这个对一个人做医美之前有没有任何的帮助呢?

It's just a comparison. Alright, hmm, do you think this helps someone before undergoing cosmetic procedures?

我觉得是有的。那如果你觉得让我重新设计这个过程你觉得我最需要改变的是什么呢?

I think there is. If you think I need to redesign this process, what do you think I most need to change?

嗯，就是我觉得能做的都做了吧，嗯?

Hmm, I think we've done everything we can, right?

好的。

Alright.

嗯，好的。

Okay.

那非常感谢你的回答，谢谢。

Thank you very much for your answer, thank you.

台阶

Steps